

***Natural Inclusions***

**Paintings Combining the Art and Science of Life**

**By Alan Rayner**

**Vol. 4, 2021 - present**

## Preview

'Natural Inclusion' is to my mind a fundamental principle of Nature. This principle provides us with a navigational aid, *using our cavity at heart as compass*, which helps us to recognise and avoid the problems and falsehoods that arise from abstract perceptions that estrange Nature from human nature. Moreover, by recognising our bodily existence as an expression of, not an exception from natural energy flow, it enables us to discover ways in which we can live wiser, more loving, creative, sustainable and fulfilling lives. It is the evolutionary source of all the diversity of material form that emerges in Nature through the receptive-responsive relationship between space and flux – void stillness and energetic movement.

To understand this principle requires a shift from the abstract perception of space, time and material boundaries as sources of definitive separation between independent *objects*, to recognising them instead as mutually inclusive sources of natural continuity and dynamic distinction between *flow-forms*. In effect this represents a shift from rigidly static to fluidly dynamic framings of reality: from abstract 'freeze-framed geometry' to natural 'flow geometry'. Although I did not initially realise this, all my paintings made since 1969 illustrate this shift in perception. They all depict imaginary scenes, based on real experience and study of natural form, which often come into my mind 'out of the blue' rather than deliberate intent. They are sometimes accompanied by a poem. My role as artist is to allow these scenes to form in my mind and then to portray them to the best of my self-taught ability.

## "CONFLUENCE"

**Oil on Board, 2021**

Here combined are the local tangible elements of Earth (solid), Water (liquid) and Air (gas) formed from the intangible elements of Fire/light and Space/darkness, symbolized further by the two wings, two tail streamers and head and body of an arctic tern (which migrates annually between Arctic and Antarctic circles). We also see a transition from radial/spherical symmetry associated with stillness and bilateral symmetry associated with movement. Correspondingly, the imagery symbolizes the vitality of the mutually inclusive bodily and soulful/spiritual middle in bringing seemingly opposite but actually complementary viewpoints (as per left and right wings) into confluence.





**"OUT OF THE FREEZE-FRAME – INTO THE WARMTH"****Oil on board, 2021**

Square and circle melt into the dance of life between spatial stillness and energetic motion in receptive-responsive relationship beyond the abstract confines of frozen geometry. Earth, Water, Air and Fire keep each other company within and around the ever-present grace of immaterial space.





# "CORE VALUES & PRINCIPLES OF NATURAL INCLUSION(ALITY)"

Watercolour on Paper, 2021





## "MIDDLE EARTH"

### Oil on board, 2021

Life forms in the balance  
Between flow and counterflow  
Into and out from the other  
In response to innermost calling  
Amidst infinite expanse  
A love triangle in the making of heartfelt experience  
At the seat of all knowing  
In the wisdom of not knowing  
The natural inclusion of being in becoming  
The in-breath in out-breath  
In common passion



## "REVIVING"

**Oil on board, 2022**

I could not stand; Being here; Any longer; Assaulted; From within  
and without; By existential doubt

So, I laid my tormented body; Down to rest; Aside from vertical; On  
sacred ground; Yielding into softness

Then, from my flanks; My youngsters rose  
To take their turn; Inspiring

Inspired by a fallen small-leaved lime tree, its up-shoots, and a  
mossy, watery hollow in a local woodland. The painting combines a  
shrine-like earthly quality with an aetherial above ground quality.





## "NAVIGATING THE TURN"

### Oil on board, 2022

From hopeless world of stasis; Where space is; Ruled out of order;  
By cardinal decree; Black is black; And white is white; In flat  
dispute; With one another; Unless greyed out; In uniformity

We round the corner; Into vibrant vistas of infinite depth; And  
infinite reach; Flowing in colourful variety;

Is this the real world; In which we seek to find our way; Beyond  
dispute?

Where space and current; Meet and greet; In co-creative interplay

Or must we stay aloof; Against all odds; Until we fade away?

We can turn if we want to; When we see the light of day; And dark  
of night; Within each other's compass; Stirring love into life; And  
life into love; Continuously; Never isolated; Never confused; By  
drawing the line; Between here and there; Or now and then; Or me  
and you; Or us and them





**"FROM FALLING LEAVES TO FALLING SNOW"**  
**Oil on board, 2022**

As falling leaves; Make way for falling snow; It feels like time  
To let all those proud pretences go; And return; To the centrality of  
that elemental simplicity; We come to know; From deep within; This  
receptive in responsive; Awareness; At the heart of all matter;  
Which reaches out; While calling in; To flow  
The natural inclusion of spatial stillness; In vibrant form; And  
vibrant form; In spatial stillness; Continually; Reconfiguring; Re-  
evolving; In co-creative natural communion





**THE HOPENING**  
**Oil on board, 2023**

There is a way out  
From this false security cell  
Through the opening  
And turning circle  
Which unlocks definitive construction  
In rectilinear geometry  
Allowing bathing  
In natural energy flow  
The light and the darkness  
Together entranced  
In biological, ecological & cosmological  
Dance





**CAUSEWAY**  
**Oil on board, 2023**

Based on feelings of tranquillity, depth, exhilaration and immersion  
aroused in Somerset wetland





**TRUE MAJESTY**  
**Oil on board, 2024**

Scenes from and nearby a Somerset Cottage garden, incorporating *Clematis* and Emperor dragonfly.

True Majesty; Is not what sits; On a gilded throne; Overlording others; From some unearthly height; But rather that; Which finds expression; In joyous light; Relief; The receptivity in radiance; From which all comes forth; In flowing form and colour; As flower and flier; Fire in darkness; Darkness in fire; Illuminating all; Earth, wind; And water; Gathering into leaf; Greening, reddening, yellowing; Browning and fading; Into and out; From wide, blue openness

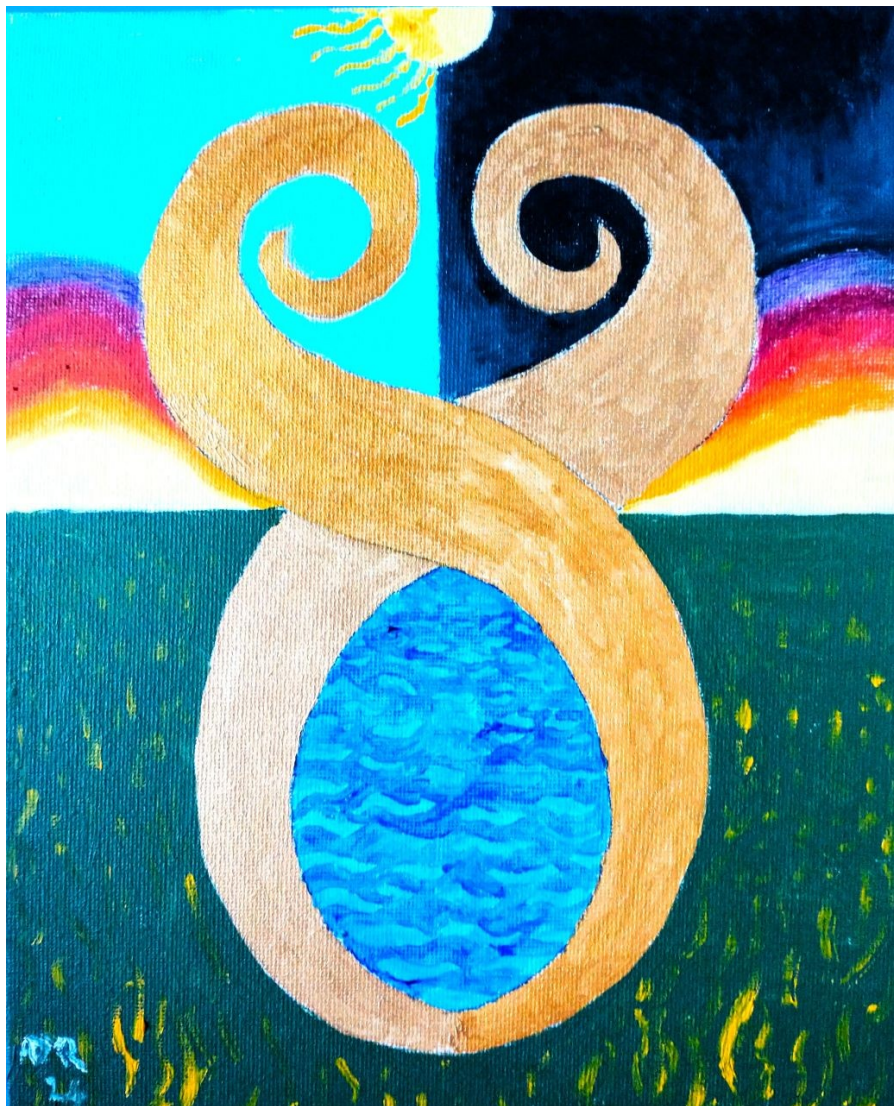




**GOLDEN COUPLE**  
**Oil on board, 2024**

Painted in anticipation of two old friends' golden wedding anniversary

No Truth; No Reason; No Love; Is Possible; When winner takes all;  
And money talks; In a pitiless confrontation; Between 1 or 0; To  
have or have not; Thesis or antithesis; Freedom or security; In  
unresolved dialectic; Between alternative self-contradictions. O but  
when each finds the grace; In Omnipresent space; To be included;  
Dynamically; In other's embrace; Then beauty can be restored; To  
the heart of one's life; In receptive correspondence



## ENSEMBLE

### Oil on board, 2024

The gathering around; The call from within; Encircling information;  
 Brings love into life; Zero in one; In infinite surround; Figure in  
 ground; Ground in figure; To which every one; Contributes  
 uniquely; Contextually content; As immaterial space; Dynamically  
 included in material form; And vice versa; Vortical flowalescence\*;  
 The simplicity of the evolutionary; Organisational principle; To be  
 found; At the heart of natural diversity; Pooled together in  
 communitarian; song

\*Phrasing from Rev. Roy Reynolds



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